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SPORTS

Fitness Tip: Top mistakes people make in the gym

Alec Culpeper (Fitness and aquatics director)

The American Council On Exercise (ACE) shares the mistakes commonly made in the gym.

- The all or nothing approach. Not having a full hour to exercise is no reason to skip your workout. Research show that even 10 minutes of exercise can provide important health benefits.
- Unbalanced strength-training programs. Most people tend to focus on certain muscles, because they have a greater impact on appearance. To achieve a strong, balanced body, you have to train all the major muscle groups.
- Bad form. The surest way to get injured in a gym is to use bad form.
- Not progressing wisely. Rest and gradual progression are important components of a safe and effective exercise program.
- Not adjusting machines to one's body size. Most exercise equipment is designed to accommodate a wide range of body types and sizes. It's up to you to adjust each machine to your body's unique needs.
- Focusing on anything but your workout. The importance of being "mindful" of the task at hand cannot be overstated.
- Not properly cooling down after your workout. Too many people wrap up their workouts and head to the showers. Instead, take a few minutes to lower your heart rate and stretch your muscles.
- Poor gym etiquette! Too many times we see people working out and not returning their weights to the weight rack. It is rude at best.
- Not setting realistic goals. Unrealistic goals are among the leading causes of exercise dropout.